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Bangalore Mirror

TEMP Max 27 | Min 20 | Humidity 69% Scattered Thunderstorms Sensex 81,698 | Nifty 25,010 | Gold 72,050 | Silver 85,613 | Dollar 83.87 | Euro 93.62 | GBP 110.61

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PLATE IS HALF EMPTY

Meagre allowances despite rising vegetable, grocery prices have made it difficult to maintain quality of mid-day meals

PAGE 3

SPECIAL MESSAGE

BBMP's auto tippers, used for door-to-door garbage collection, now also announcing dos & don'ts of animal welfare

Post office owes us rent of over Rs 88 lakh since 2014, says BBMP as it shuts down vital entity that is lifeline to senior citizens who visit it to collect pension under welfare schemes

LIFE FOR RENT

Mismatch over revision of rent led to current situation

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TWEETS @BangaloreMIRROR

KAUSHIK JN

More than 3,000 people, especially senior citizens, have got caught in the crossfire of a dispute between the Department of Posts and the Bruhat Bengaluru Mahanagara Palike (BBMP). Due to non-payment of rent, the BBMP has brought the shutters down on Sivanchetty Garden Post Office on St. John's Road. However, no thought was spared to the numerous senior citizens going there to collect pensions given to them under various welfare schemes.

The BBMP Revenue Department sealed the post office on Monday morning as rental arrears were not cleared. "We have sealed the Post Office for not clearing the rental arrears of more than Rs 88 lakh since 2014. As per our demand, the post office has to pay Rs 42,000 per month towards the rent.

The Department of Posts has failed to pay the revised rent for many years. We issued a notice in this regard to the Post Office 15 days ago. We sealed it as per BBMP East Zone Commissioner's direction," said the BBMP revenue inspector.

It is said that more than 3,000 people from nearby areas such as Kallahalli, Sivanchetty Garden and other areas depend on this Post Office to open saving bank accounts or to draw pension. "There is a provision to revise the rent, as per the agreement, once in 10 years but the BBMP revised the rent after five years instead of 10. I am approaching the BBMP authorities to find a solution," said A Kumar, Assistant Superintendent, Department of Posts.

CONTINUED ON PAGE 8 »

> **"The BBMP and the Department of Posts must not only reopen the Post Office but also take measures to renovate and repair it as early as possible. The building owned by the BBMP is quite old and it needs to be renovated soon**
>
> — BR Chandran, social activist

Parking, everywhere all at once

Double-sided parking has brought city's traffic to standstill, especially on narrow roads at peak hour

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Double-sided parking is turning out to be a double-edged sword for Bengaluru's traffic. Despite over 7,773 cases of parking at intersections and 4,999 cases of parking at BMTC bus stops reported till July, the city's roads remain choked, frustrating daily commuters and bringing vehicular movement to a crawl. One factor contributing to this, multiple commuters say, is double-sided.

Double-sided parking is where vehicles are parked on both sides of narrow streets. It reduces the space available for vehicles to move efficiently, creating bottlenecks and slowing traffic to a standstill, especially during peak hours. The impact is most pronounced in densely populated areas and commercial hubs, where the competition for parking spots is fierce.

Take a drive through the busy streets of Malleswaram or Rajjinagar during rush hour, and you'll witness the chaos caused by double-sided parking. What should be a two-lane road capable of handling a steady flow of traffic is often reduced to a single, narrow lane with barely enough space for one vehicle to pass at a time. Add to this the vehicles attempting to navigate into

CONTINUED ON PAGE 8 »

3 THINGS TO DO

01 Poetry session

Experience the magic of poetry with Gagana at "Tuesdays with the Bard @ Urban Solace. Gagana is a teacher and a writer. Poetry is her choice of medium to connect to self, others, and the world around. Last year, she self-published a book of poems titled 'Exhale'. She firmly believes that the spoken and written word are sacred and have the power to transform and even heal when wielded with love.

Where: Urban Solace
When: August 27, 7.30 pm to 9 pm

02 Indie folk fusion

Witness a unique musical collaboration that promises to be an unforgettable cultural experience: Sanskriti Sarita: FakiraxLangas & Manganiyars. This event brings together two exceptional bands from India's rich cultural heartlands—Fakira, the torchbearers of Bengal's ancient folk traditions, and the Langas & Manganiyars, the custodians of Rajasthan's desert melodies. The fusion of Fakira's soulful Bengal folk with the Langas & Manganiyars' evocative Rajasthani melodies creates a rich tapestry of rhythm, harmony, and emotion.
Where: Windmills, Whitefield
When: August 31, 9:30 pm onwards and September 1, 8 pm onwards

03 Gallery walk

The National Gallery of Modern Art Bengaluru cordially invites you to a special gallery walk, 'SRISHTI, A Retrospective of Dr Pushpa Dravid' by Dr Choodamani Nandagopal, Art Historian, an outreach event in conjunction with the ongoing in-house curated exhibition. The exhibition will be on view until September 3, 2024.
Where: National Gallery of Modern Art, Palace Road
When: August 31, 4 pm

Spiritual bliss

Devotees gather in huge numbers to celebrate Krishna Janmashtami at ISKCON Temple, Rajajinagar, on Monday

You can see more images on our Instagram page by scanning this QR code

PIC: KAUSHIK JN

Mid-day meal crisis: Rising prices, stagnant allowances

Surge in vegetable prices put schools in a pickle to provide nutritious meals to children; activists demand increase in allocation aligned with market prices

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The surge in vegetable and grocery prices has taken a hit on mid-day meal services in schools. With the price of one egg around Rs 7, schools are finding it nearly impossible to provide nutritious meals on this limited budget. Many are alleging a decline in the quality of food served to children due to these rising costs.

According to the statistics, there are 51,23,537 students across different classes. It is alleged that the allocated sum is less than the market price. This discrepancy makes it difficult for teachers to manage the mid-day meal scheme. For instance, beans are priced at Rs 40, cucumber at Rs 80, tomato at Rs 60, brinjal at Rs 80, potato at Rs 55, carrot at Rs 60, radish at Rs 40, and ladies finger at Rs 80. Despite this, the government has allocated only Rs 1.93/child for children studying from Class 1 to 5, and Rs 2.80/child for Class 6 to 10. Sources said that such a meagre sum is insufficient to buy vegetables, pulses, and other essentials.

Activists are of the opinion that the government's apparent indifference to this issue reflects a lack of concern for the well-being of schoolchildren. It is essential for the government to increase the mid-day meal allocation to align with market prices, but so far, no action has been taken. K Nagesh, President of the State Primary School Teachers' Association, said, "The amount being given for the mid-day meal is insufficient. This highlights the inadequacy of the current funding for vegetables, pulses, and other essential items, stressing the need for the government to increase funding to ensure nutritious food for schoolchildren."

However, officials deny this claim. "No complaint or request has been received from teachers regarding the insufficient amount allocated for mid-day meals. If teachers submit a proposal, it will be brought to the government's attention," said Manjunath K Prabhu, DDPI of Tumakuru District.

File photo of mid-day meals being served in schools

> **"No request has been received from teachers regarding insufficient amount allocated for mid-day meals**
> –Manjunath K Prabhu, DDPI Tumakuru District

Tender coconut prices skyrocket

This year, the price of tender coconut water has surged dramatically, largely due to the lack of rainfall. Traditionally a summer staple, tender coconut water has become unusually expensive this season. It's especially striking that during the rainy season, when demand typically drops, prices have still climbed to Rs 70, leaving many people astonished.

Sources said that several factors contribute to the shortage of tender coconuts. "When coconut prices were low, tender coconut was marketed as a profitable product, leading to a reduction in its supply. In the farmland, the yield of tender coconut is down. With coconut prices now soaring to Rs 12,000, farmers are ceasing the production of tender coconuts. As a result, farmers are getting Rs 30-35 per tender coconut," said Shivappa D, a trader.

Some argue that farmers are intentionally holding back supply. Since it takes eight to nine months for a coconut to mature into a tender state and a full year for it to fully mature, the current yield issues will only impact prices in the coming two years. Farmers believe the rise in coconut prices is not directly related to the surge in tender coconut prices. The declining cultivation of coconuts is beginning to affect overall production, further compounded by disease that has reduced yields. "Availability is limited, and traders are buying tender coconuts from farmers for Rs 20–25 and selling them in town for double. Farmers cannot afford to sell tender coconuts at these lower prices due to price instability and rising costs. As a result, transportation expenses and the shortage of tender coconut water have driven the price up to Rs 70," Shivappa added.

Tipper tales: BBMP autos deliver pawsitive lessons

More than 2,000 auto-tippers lead way in promoting street animal care, educating Bengalureans on welfare rules & more

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'More than 2,000 auto-tippers are making these announcements while collecting garbage from houses'

To promote compassion for street animals among Bengalureans and to educate them about animal welfare rules by the Animal Husbandry Department, the Bruhat Bengaluru Mahanagara Palike (BBMP) has come up with a standout awareness campaign. Starting Monday, thousands of BBMP's auto rickshaw tippers, used for the door-to-door garbage collection system in the city, are doing so by announcing the basic dos and don'ts of animal welfare and BBMP's helpline number too.

"More than 2,000 tipper trucks are making these announcements while they collect garbage from houses. We have taken this step after receiving many feeder harassment cases and clashes between feeders and residents. Through these messages, we are also requesting feeders to be mindful of other residents in the area and coordinate with them so they do not feel threatened. Street animals are part of our ecosystem, and we must be considerate about their welfare," said Suralkar Vikas Kishore, Special Commissioner (Health), BBMP.

Out of the fleet of 4,646 tipper autos, more than 2,000 are already playing this message. According to BBMP officials, old autos without the announcement system facility are being asked to keep a Bluetooth-enabled speaker for relaying the message. "BBMP is the first local body across the country to start such a campaign. In a city like Bengaluru, garbage vans have the highest daily reach among citizens. Hence, we pitched for utilising this announcement system; this is another step in our endeavour to create awareness amongst citizens on the need for compassion and coexistence with urban animals and birds," said Sadhana Hegde, founder of Sahavarthin Animal Welfare Trust, the NGO that is assisting the palike in spreading awareness.

Dog rescue services

Officials informed BM that BBMP has put together an action plan to start a street dog rescue service soon. "Currently, we are assisting in rescues through our vehicles. However, now we are proposing BBMP's dedicated rescue centre. It will be operated by a third party that will be paid based on the number of animals rescued per day. We are working on the expression of interest and will float a tender soon. It is within the legal mandate of the palike," informed Kishore.

However, some city-based animal welfare workers believe that BBMP is a municipality and that the main function of a municipality is public amenities and health. Therefore, the focus should be on reducing the street dog population and preventing the spread of rabies, which also includes neutering dogs that have survived canine distemper, a topic overlooked until now. "Health and welfare are a bit different from each other. Rescue is a compassionate thought, but it will dilute the focus on birth control and vaccination. However, transportation would be a boon because many people cannot handle and transport an animal. Beyond basic wound cleaning and anti-rabies vaccination, other aspects of rescue will take a toll on the core processes of ABC and ARV," said Nandita Subba Rao, Citizens for Animal Birth Control.

> **"Garbage vans have highest daily reach among citizens. Hence, we pitched for utilising them**
>
> –Sadhana Hegde, Sahavarthin Animal Welfare Trust

Free legal facility for senior citizens

A Senior Helpline at the Command Centre Division, Office of the Commissioner of Police, is offering free legal advice to senior citizens facing legal issues every Saturday from 2:30 pm to 4:30 pm. This initiative aims to support elderly residents by addressing their legal concerns and ensuring they have access to professional advice without any financial burden. They are encouraged to take advantage of this service to navigate legal challenges confidently. For more information, they can contact the helpline at 080-23352833 or at 7899241090. — BMB

Traffic advisories at Freedom Park

The Federation of Karnataka Depressed Communities has scheduled a massive protest at Freedom Park on Tuesday. Commuters are advised to avoid Sheshadri Road between Khoday Circle and Freedom Park from 9 am to 4 pm and opt for alternative routes. Candidates appearing for the KPSC examination are advised to plan accordingly. Designated parking arrangements have been made for protest participants: buses should be parked at Palace Ground Gates 1, 2, and 3 near Mekhri Circle, while cars and two-wheelers can utilise the MLCP Parking Facility at Freedom Park on a pay-and-park basis. —BMB

Matka kingpin detained

The Central Crime Branch (CCB) of the Bengaluru City Police has detained notorious gambler Syed Nawab, who has been involved in illegal Matka Andar Bahar gambling operations for the past four years under the stringent Goonda Act. Despite being on the Banashankari Police Station's rowdy list, Nawab continued his criminal activities without any signs of reform. Recognising the difficulty in curbing his anti-social behaviour through conventional legal means, the CCB officials from Banashankari proposed his detention under the Preventive Act. — BMB

3 FIRs filed against Darshan, 9 jail officials suspended

A viral photo of Darshan's 'preferential treatment' in jail

BM's report on August 26

Three FIRs (first information reports) were registered against the jailed Kannada actor Darshan on Monday, following the circulation of photos and videos allegedly showing him receiving preferential treatment in jail. Home Minister G Parameshwara, after visiting Bengaluru Central Jail on Monday afternoon, confirmed that the FIRs were filed based on a complaint from the prison department. He emphasised that the actions captured in the videos were in clear violation of the prison department's manual and the Prison Act and that appropriate measures would be taken against those involved. An investigation has been initiated to identify who provided Darshan and others with chairs and tea.

Director general (prisons) Malini Krishnamurthy, who also conducted an inquiry during her visit to the prison earlier that day, revealed that Darshan was named in all three FIRs. The first FIR addresses the use of a mobile phone within the prison; the second pertains to smoking on the premises; and the third involves the unauthorised opening of a cell. The FIRs also included the names of prison officers and other individuals seen in the photos.

Defunct CCTVs

Preliminary investigations indicate that the photo showing Darshan with a cigarette and a mug of coffee was taken on the evening of August 22. The DG (prisons) noted that the CCTV cameras were not operational on that date. "We were unaware of this incident. Had we known, immediate action would have been taken. A thorough investigation into the incident is necessary, and a senior IPS officer will lead the inquiry," she stated.

She acknowledged that there are challenges in monitoring everyone within the department, admitting, "There are black sheep in the department, making it difficult to oversee every individual." She added that the department is considering the use of AI and the installation of additional CCTVs in prison facilities.

Sources have revealed that authorities are contemplating transferring Darshan to Hindlaga Central Prison in Belagavi, with his associates being relocated to different prisons across the state. Darshan is currently held at Bengaluru Central Prison, along with 13 other individuals accused in the Renukaswamy murder case. In response to the incident, the Karnataka prisons department has suspended seven staff members, including two jailers, for allowing Darshan to smoke a cigarette and drink coffee inside the prison. Nine prison officials, including Chief Jail Superintendent V Seshumurthy and Jail Superintendent Mallikarjun Swamy, were suspended on Monday for allegedly providing special treatment to Darshan. Among those suspended are jailers Sharan Basappa Amingad and Prabhu S Khandelwal, assistant jailers LS Kuppeswamy and Srikanth Talwar, head warders Venkappa and Sampath Kumar, and warder K Basappa, as announced by the HM on Monday. — BMB

Get all hands on deck for green Ganeshotsava

Officials must monitor celebrations, coordinate better, set permission protocol: Experts

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Though most households have switched to clay Ganeshas, Plaster of Paris idols still a matter of concern

Solid waste management experts in the city have called for better coordination among various government agencies for efficient festival waste management during the upcoming Ganeshotsava.

Experts say while the majority of households have switched to clay Ganesha and other eco-friendly Ganesha idols, idols made of Plaster of Paris (PoP) are still a major concern in community celebrations. Clubbed with a lack of management and coordination among various departments such as City Police and Bruhat Bengaluru Mahanagara Palike (BBMP), it leads to mishandling of festival waste, leading to pollution of water bodies.

They point to a lack of permission protocols for community celebrations. "Community pandals, before setting up, require NOCs from various agencies, including police, fire, and electricity departments. These agencies must grant permission only when eco-friendly idols are being used. This has not happened so far," said a solid waste management expert in the city.

Some point to a lack of immersion logistic planning and waste management, leading to pollution of water bodies. Experts also call for fixed time slots for community Ganesha immersions with dedicated entry and exit points at lakes. "BBMP's Lake Department should get involved and sketch a plan based on the location of the community pandals. All community idols should be allotted lakes with specific time slots to avoid commotion. There should be adequate bins and barricaded areas for waste segregation at all lakes' premises with Kalyani for immersion. BBMP should have at least one PK on the spot to ensure the public is segregating festival waste," said V Ramprasad, a SWM expert.

> **Community pandals require NOCs from various agencies for permission, but these agencies grant permissions without checking eco-friendly idols & practices**
>
> –SWM expert

Experts say with the Ganesha festival approaching, it is once again a chance to review existing practices and recalibrate them so they are more in tune with today's stressed environment. "People may not link these small steps with the larger issue of climate change or even flooded streets, but they are all interlinked. Improperly disposed Ganesha idols mixed with festival waste tied in plastic bags landing on corners of every street and drains put a lot of stress on the city leading to infrastructure woes. While it is heartening to see many eco-friendly options to celebrate the festival, the festival waste needs better management. Festival waste such as flowers must be composted or segregated in wet waste, not mixed waste adding to landfill," said Odette Katrak, from Beautiful Bharat.

According to Ramprasad, while many rules are in place and the city has shown various ways to deal with festival waste in the past, there is a lack of implementation by the state pollution control board. "A couple of years ago, some organisers ensured KSPCB they would use eco-friendly Ganesha idols for celebration. However, many of these organisers continue to use PoP idols. The Board has not taken much effort in implementing the rules," he added..

Sting op: Mosquito surveillance begins

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As the rainfall decreases, vector-borne diseases continue to affect the city. On Sunday alone, 122 new cases of Dengue were reported, with 21 individuals requiring hospitalisation. To date, Bruhat Bengaluru Mahanagara Palike (BBMP) has recorded an unprecedented 10,796 Dengue cases this year, resulting in three deaths. In response to this growing concern, the health department has introduced a new mosquito control strategy.

Health Minister, Dinesh Gundu Rao announced that the BBMP, in conjunction with the Health and Family Welfare Department of Karnataka, is initiating an experimental study using OviTraps. These traps will be strategically installed—120 in total—at intervals of approximately 25 feet in the Gopalpura area of Binnypet Ward within the Gandhinagar constituency. This study is set to continue for two months, with the initial set of OviTraps to be replaced after four weeks. Health workers will conduct weekly inspections of each trap to monitor and record the presence of mosquito eggs, larvae, and pupae, with the data being logged into an application. Bangalore Medical College and Research Institute and MS Ramaiah Medical College are also participating in this research.

Rao said that OviTraps were designed as surveillance tools that mimic the preferred breeding sites of container-breeding mosquitoes, and their use is endorsed by the World Health Organisation. These traps are equipped with Pyriproxyfen, an insect growth regulator that disrupts the development of mosquito larvae and prevents the emergence of adult mosquitoes, all while being less toxic to humans and animals than typical mosquito repellents. The Eco BioTraps have been modified to function lethally; their special attractants lure mosquitoes to breed in the traps, where a lethal agent ensures that no adults emerge. This approach mirrors the principle used to combat COVID-19 by breaking the transmission chain.

Insect growth regulators are being installed for the study

"In Mumbai, a similar pilot project with Eco BioTraps has been underway in Dharavi for the past six months, showing promising results; not only for surveillance but also for reducing mosquito populations. In Bengaluru, the Indian Air Force station in Jalahalli has reported a notable decrease in Dengue cases, from around 50 to just 5. India's largest pest control company, Rentokil PCI, is distributing these Eco BioTraps across 22 states nationwide. Given that dengue is transmitted by daybiting mosquitoes, which pose a significant risk to citizens, including pregnant women and children in various environments, the use of these traps can play a crucial role in controlling mosquito populations. They are also effective against other mosquito-borne diseases like malaria, chikungunya, Zika, and filariasis. The high public acceptance of Biodegradable Lethal Ovitraps (BLOs) and their proven impact on female aedes aegypti populations suggest that mass trapping with BLOs could be an effective addition to the dengue control strategy," Rao added.

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Send us a picture along with specific details. And please, no phone calls or spamming

Damaged roads
TC Palya

Margondanahalli in TC Palya is grappling with poorly maintained roads. With new apartments and layouts continuing to emerge, the road infrastructure fails to keep up with the development.

Unfit for commute
Sudhama nagar

The condition of Siddaiah Road in Sudhama Nagar, near the Family Court, is notably poor and in need of improvement. Commute is getting increasingly difficult, for pedestrians and vehicle users.

Unruly auto parking
KR Puram

At KR Puram metro station, autorickshaws are parked haphazardly opposite the pathways, causing severe inconvenience to passengers. The situation is further exacerbated by auto drivers having obscured the parking sign with a black cover, adding to the chaos and confusion.

Co-commuting cop: Now, traffic police will see what you see

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In a bid to tackle the growing challenges of traffic congestion and road safety in the city, the Bengaluru South Traffic Police have introduced an initiative titled 'Join the Commute'. This programme, which officially launched on Monday at noon from the DCP South Traffic office, aims to tackle issues faced by the daily commuters with the Deputy Commissioner of Police (DCP) directly attending to them.

DCP Shivaprakash Devaraju, who leads this initiative, plans to accompany commuters on their regular routes to experience the traffic issues firsthand. He believes that understanding the challenges faced by daily commuters requires more than just reading complaints on social media or receiving formal feedback.

"The concept behind 'Join the Commute' is straightforward but impactful," explained DCP Devaraju. "By traveling with citizens, I can witness the problems they face daily. Those who commute on the same route regularly have a unique insight into what has changed over time—whether it's a 15-minute journey that now takes hours or specific trouble spots where issues persist. By directly experiencing these problems, we can address them more effectively, whether it's managing parking issues, improving U-turns, or reducing delays."

This initiative touted to be one of a kind, aims to foster better communication between the public and the authorities. "This initiative is not just about observing traffic—it's about experiencing it firsthand, walking in the shoes of everyday commuters, and understanding their struggles. We believe that only by experiencing these issues ourselves can we truly address them," said DCP Devaraju.

How will it work?

Citizens can register online to participate in this initiative by providing details about their daily commute, including routes, transportation mode, and timings.

Selected participants will be accompanied by the DCP South Traffic during their commute, allowing them to voice their concerns and observations.

These journeys will offer the Bengaluru South Traffic Police crucial insights into issues like erratic signals, poor road conditions, and hazardous intersections. The collected data will be used to make informed improvements in traffic management.

In phases

The initiative is structured to roll out in phases, beginning with key routes before extending to other areas of South Bengaluru.

Easy access to fair price shops a must, asserts High Court

Dismisses plea by shop that had challenged govt decision to set up another outlet in same village

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The High Court has emphasised the importance of ensuring easy access to fair price shops for citizens, particularly those belonging to the impoverished class of society and those below the poverty line. The court made this observation while dismissing a petition filed by Mahatma Gandhiji Grama Hitha Mandali, a fair price shop, which challenged the government's decision to establish another shop in the same village.

Justice Suraj Govindaraj, in his single-judge bench ruling, stated, "The purpose and purport of the Control Order, 2016 is not to encourage monopoly by way of issuance of authorisation to one particular fair price shop, but to see that distribution of all the articles are made to all the concerned citizens in a speedy and cheaper manner."

The petitioner argued they were not issued notice or heard before the impugned notification was issued and that the new fair price depot would reduce the number of cardholders attached to their shop, thereby affecting their business.

They referred to Rule 11 of the Karnataka Essential Commodities Public Distribution System (Control) Order, 2016, claiming that unless a request has been made by the general citizen to the existing authorised fair price shop, no such transfer or notification could have been made.

The government, on the other hand, contended the order was based on a representation received from the villagers. They also pointed out that the number of cardholders attached to the petitioner's shop is over 1,200, and as per Rule 11 (2) of the Control Order, 2016, a minimum of 500 cardholders will continue to remain attached to the fair price shop, thus having no adverse impact on the petitioner's operation.

The court, in its findings, noted that the minimum guaranteed number of cardholders in a rural area is 500, as per sub-rule (2) of Rule 11 of the Control Order, 2016. The court held that there cannot be a monopoly or a vested right in favour of the petitioner to retain all the cardholders. It also pointed out that the period of authorisation is fixed, and once it expires, the authorities are responsible for issuing fresh notifications, inviting applications, and allotting licenses as per the applicable law.

It said, "The respondent authorities are well within their rights in terms of sub-rule (2) of Rule 11 of the Control Order, 2016 to establish further fair price shops so long as the minimum numbers of 500 cards are attached to each such shop in a rural area."

Based on these observations, the High Court dismissed the petition.

Court fee

The High Court has ruled that the court fee payable under the Karnataka Court Fees and Suit Valuation Act, 1958 is determined by the market value of the property at the time of filing the plaint, and only the plaint's averments should be considered. The Court overturned a trial court order that had instructed the plaintiffs in a partition suit to provide the correct valuation of the suit property based on its market value as stated in a disputed sale deed.

Justice R Nataraj, in a Single Bench ruling, stated, "When a suit of this nature was filed, while determining the market value of such property, all that had to be looked into was the averments made in the plaint as to whether the suit had to be valued under Section 35(1) or Section 35(2) of the Act, 1958. Section 7 of the Act, 1958 declares that where the Court fee is payable under the Act depending on the market value of any property, such valuation shall be determined as on the date of presentation of the plaint, meaning thereby, that it is the averments made in plaint alone that has to be looked into."

Tie-up for sustainable city

City police, in partnership with ANZ, Bangalore Environment Trust, and Indus Herbs, have launched a significant initiative aimed at promoting sustainable urban greening.

The event took place at the DCP CAR West, Annapoorneshwari Police Quarters, on Saturday where 3,000 plants were planted, demonstrating a commitment to creating a greener, healthier Bengaluru.

The initiative was inaugurated by Bengaluru Police Commissioner B Dayananda, IPS, and was attended by Dr. AN Yellappa Reddy, along with other senior officers. **BMB**

Attempt-to-murder: 6 arrested

A case of attempt-to-murder was registered by the Banaswadi Police following a violent fight between two friends.

According to the Police, Shoaib and Dawood, who have been friends and classmates, had a dispute over Rs 1.7 lakh, which Shoaib owed to Dawood. During the confrontation, some of Dawood's relatives allegedly assaulted Shoaib with a machete, when he refused to return the money, on Saturday night in KG Halli.

Shoaib is said to have taken the money to settle a case, which a woman had filed against him in Amruthahalli Police station, police sources said.

Based on the complaint filed by Shoaib's mother, the police arrested six individuals namely – Nafisa, Nisar Pasha, Mansoor, Firoz Pasha, Mehboob and Razik in connection with this case, whereas the remaining three are on the run. **BMB**

Anil Lad hits bull's-eye in shotgun championship

Lad emphasises that after Paris Olympics, many youngsters are taking up firing coaching in shooting ranges in Bengaluru

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It is no secret that the top performances of the Indian shooters in the Paris 2024 Olympics has provided a shot in the arm for the sport.

The exemplary effort of Manu Bhaker, the first ever Indian to win twin medals in a single edition of the Games, Sarabjot Singh and Swapnil Kusale, two other hot shots, who made India proud are the new poster boys. Many youngsters and, seasoned and experienced marksmen are loading their guns to make a mark on the international shooting scene.

A Karnataka politician taking the cue from the top Indian hot shots, hit the bull's-eye in the Indian Open Shotgun championship at Patiala. Former member of Parliament (MP) Anil Heeroji Lad reigned supreme in the Masters Men Category of the Skeet event logging in 35 points to win the gold. Anil Lad in an absorbing contest beat Danish Ahmed of Uttar Pradesh, who gained the silver medal ahead of Punjab's Deepinder Sandhu.

An immensely pleased 51-year-old crack shot, back after his winning revealed that he was active, firing at shooting ranges in Bengaluru before a major car accident put a stop and he is back after two years is pleased with his gold medal winning effort in the championship.

"I'm happy that a good number of youngsters including many girls are picking up guns at various shooting ranges in the city after watching Manu Bhaker's top draw effort in Paris and that's a good sign," said Anil Lad.

Anil Lad hit bull's-eye in Indian Open Shotgun Championship, Patiala

Anil Lad added that several private shooting ranges have emerged following the interest generated after the results obtained at Paris Olympics and now the onus is on the Sports Authority Of India (SAI) to facilitate and provide quality coaching to the promising shooters looking forward to make their presence felt at the international scene.

Anil Lad is hoping to make it to the next big Rifle Shooting National Championship scheduled to be held in October in Delhi.

Small industries urge Bescom to improve power supply

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TWEETS @BangaloreMIRROR

The Karnataka Small Scale Industries Association (KASSIA) has expressed concern over the problems faced by micro, small and medium enterprises (MSEMS) pertaining to supply of electricity.

The KASSIA has submitted a memorandum to Bengaluru Electricity Supply Company (Bescom) Managing Director, Mahantesh Bilagi during an interaction meeting held on Monday. KASSIA president MG Rajagopal has said that even though the government is kind enough to enhance LT limit for industries from 67 HP to 201 HP, proper guidelines are not available with the Bescom officers. "Many a times, the Bescom engineers insist on installing transformer, cubical, cable and other infrastructure similar to HT Connection. It looks like the very purpose of enhancing the limit has been denied to the needy customers. In fact, as you are aware, industries are paying a better rate to Bescom compared to any other category except commercial. Any additional supply to industries is profitable to Bescom. Also it is to be noted that industries are paying at least 20 percent more price compared to the average power cost. Hence, we request you to kindly clarify on the matter and suitable orders may be passed," KASSIA president said. "We request you to kindly advise the Inspection Wings to record the entire process of inspection in the form of video. Many times it has been given to understand that industry having facilities like warehouses and offices in adjacent sheds being considered as commercial and penal actions are being taken by the Inspection Department," he added. KASSIA Energy Panel Chairman Syed Mahaboob Hussain has said that Bescom has to simplify the norms for the entrepreneurs who opt for the rooftop solar plants to produce green energy. "There is a delay in availing permissions from the Bescom authorities for installing rooftop solar plants," he said.

Meanwhile, Bescom Managing Director Mahantesh Bilagi stated that he would take steps to address and resolve them.

The Bescom MD briefly outlined the steps that are being taken to promote efficiency and also delivery of better service to industrial consumers in particular within the purview of KERC regulations. The MD has directed the Bescom engineers to look into the issues which fall under their jurisdiction and try to resolve them. He has also informed that a new software has been rolled out by the Bescom to ease out the problems pertaining to billing, DCB, etc., which will be beneficial for the consumers.

BM Trippin' Tales

Consumer Connect Initiative

Cough up more if you stay for more than 2 hours at Jog

Sridhar.Vivan@timesofindia.com

TWEETS @sridharvMIRROR

Visits to famed Jog falls have not only become expensive, but also have come up with a two-hour time limit. The recent increase in the entrance fee to visit the renowned Jog Falls has triggered significant backlash from both tourists and locals. For the past two years, extensive infrastructure and tourist development projects have been underway at the falls, with completion expected to take over a year. The abrupt fee hike, implemented before these projects are finished, has caused frustration among visitors.

The recent hike in entrance fees at Jog Falls has resulted in significant increases across various vehicle categories. The parking fee for buses has risen from Rs 150 to Rs 200. Mini buses' parking have seen an increase from Rs 100 to Rs 150. Auto rickshaws now face a fee of Rs 40, up from Rs 30. Two-wheelers have seen an increase from Rs 20 to Rs 30. For individual tourists, the entrance fee has been raised from Rs 10 to Rs 20, doubling the previous cost. Foreign tourists now face a fee increase from Rs 50 to Rs 100. Additionally, the cost for bringing a camera has surged to Rs 100 per camera, from zero charges, marking a substantial increase. For those using a drone, the fee has risen to Rs 500, from zero charges.

Alongside the fee increase, a new two-hour restriction on exploring the falls' surroundings has also faced criticism. Visitors who exceed this time limit at designated spots will incur additional high fees. During the rainy season, the falls are frequently obscured by mist, making it challenging to view them clearly. With development work ongoing, descending to the base and returning could easily exceed the two-hour limit, meaning many tourists might miss out on fully appreciating the falls' beauty. There is currently no set fee for those who surpass the time limit.

Critics argue that such rules not applied at other tourist spots in state

Sources said that approximately Rs 183.7 crores are being invested in development projects in the Jog Falls area, aimed at upgrading it to a world-class tourist destination. The Jog Development Authority is facing higher costs for maintaining environmental cleanliness, providing drinking water, and ensuring security, which justified the fee increase. The revised rates were implemented last Thursday.

Tourists have expressed concerns that basic amenities should be prioritised over profit, criticising the additional fees for vehicles and visitors and the two-hour time limit. Nagarthna Yadav from Bengaluru highlighted that the misty conditions during the rainy season make the two-hour limit unreasonable and argued that the separate charges for vehicles and passengers are unprecedented and unfair. Local legislators are urged to address these issues to ensure fair treatment for tourists. The public contends that the fee structure should not be designed solely with wealthy tourists in mind. Critics argue that such rules are not applied at any other tourist site in the state and call for the authorities to reconsider the fee increases and regulations.

KAUSHIK JN

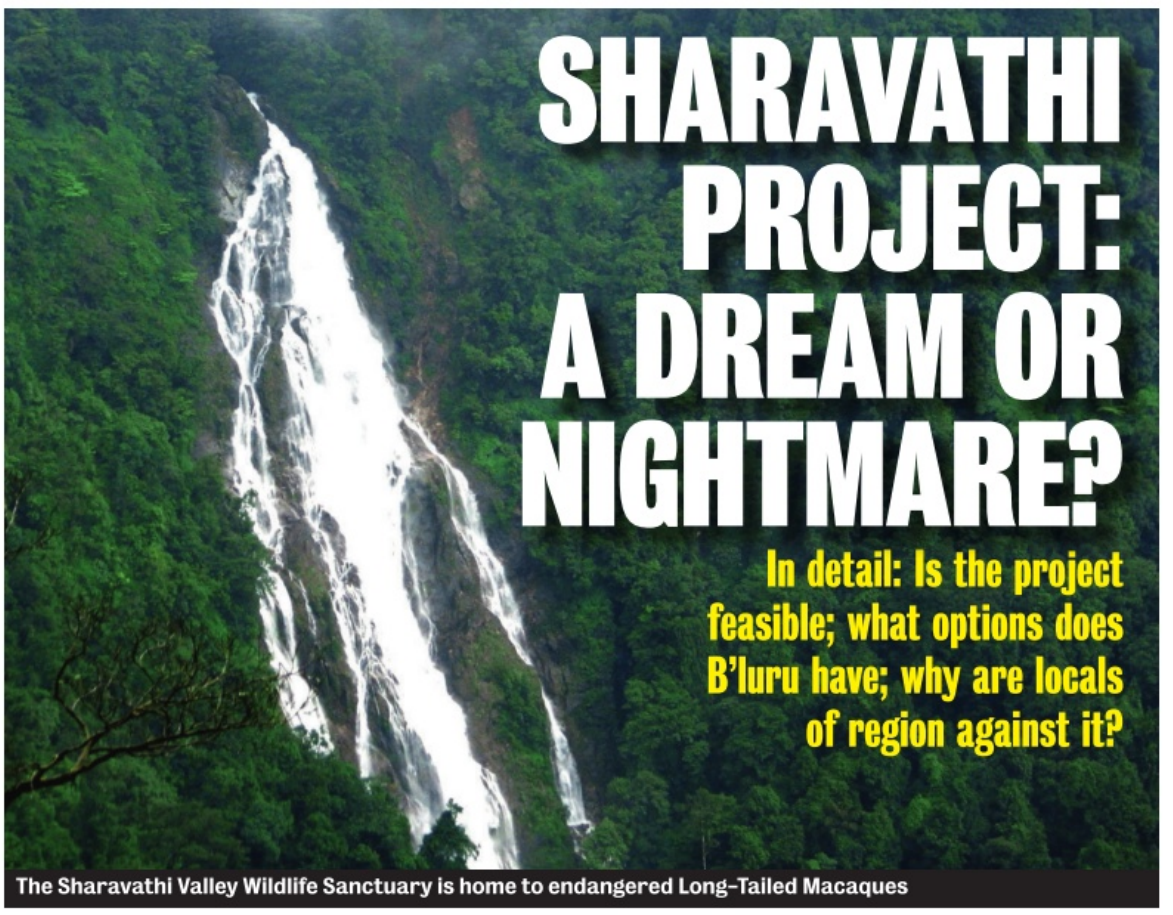
For basic rights

Students of St Joseph's College and other groups organised a protest at Freedom Park on Monday in the wake of rising cases of violence against women

Sridhar.Vivan
@timesofindia.com
TWEETS @sridharVMIRROR

SHARAVATHI PROJECT: A DREAM OR NIGHTMARE?

In detail: Is the project feasible; what options does B'luru have; why are locals of region against it?



The Sharavathi Valley Wildlife Sanctuary is home to endangered Long-Tailed Macaques

As discussions about diverting Sharavathi River water to Bengaluru resurface, significant opposition from residents of the Western Ghats has emerged. Locals argue they have long endured adverse impacts from construction of reservoirs that have submerged their lands and necessitated the excavation of canals.

The exploitation of the Western Ghats for resources like electricity, water, and mining has compounded these issues. In response, the government is advancing a project aimed at addressing Bengaluru's water needs. This situation highlights a contrast between the increasing demands and environmental impact on one end and proposed solutions on the other.

The objective of the Sharavathi drinking water project is to utilise the 40 TMC feet of water available from the Sharavathi River, which flows westward and is free from water disputes, to provide drinking water, fill lakes, and offer other facilities to drought-affected areas in Central and Eastern Karnataka. By using water from the Sharavathi and Netravati river basins after the monsoon, the project aims to supply water to districts in Central and Eastern Karnataka using existing infrastructure created under the Yettinahole and Bhadra Upper Dam projects. The Visvesvaraya Jala Nigam has been directed to prepare a technical and economic feasibility report for redirecting this water to Bengaluru, with an allocation of Rs 73 lakh for preparing the Detailed Project Report (DPR).

2013 Report

With Bengaluru's growth, the Water Board projects a need for 354 crore litres of water by 2031. Presently, 1,400 MLD of water is sourced from the Cauvery River. However, the availability of water from the Cauvery has declined in both the first and second stages, with the Cauvery Stage V Project capable of providing a maximum of 800 MLD. Even if 2.5 TMC of water is sourced from the Yettinahole Project, it will still fall short of meeting Bengaluru's water needs. Given this situation, experts suggest that using water from the Linganamakki Reservoir, which is currently dedicated to electricity generation, may be a viable solution.

Sharavathi Valley already hosts several large dams, mini-hydel dams, 4 high-power transmission lines that have caused destruction of 1 lakh acres of forest land

In 2013, the retired engineer BN Tyagaraj Committee submitted a report recommending the supply of water from the Sharavathi Basin to Bengaluru. The Linganamakki Reservoir, with a maximum storage capacity of 151 TMC, receives an annual inflow of 181 TMC. The report proposed diverting the excess 30 TMC, which would otherwise be released into the sea, to Bengaluru instead.

Feasibility of the project

The project to transport water over 426 km from the Linganamakki Reservoir to Bengaluru faced significant opposition and was abandoned in 2019. Linganamakki Reservoir is located at an elevation of 1,819 feet above sea level, whereas Bengaluru is situated at 2,800 feet. Environmentalists have criticized the project, arguing that moving water from a lower elevation to a higher one is unscientific. The Sharavathi Valley already hosts several large dams, which have led to the destruction of 1,00,000 acres of forest, along with the construction of mini-hydel dams and four high-power transmission lines. The Indian Institute of Science's Environmental Science Centre has reported that the valley's environmental carrying capacity has been severely depleted due to these extensive projects. Additionally, the area surrounding the reservoir includes the 431 sq. km Sharavathi Valley Wildlife Sanctuary, which is home to endangered Long-Tailed Macaques.

Alternatives

Transporting water from the Cauvery Basin to Bengaluru faces significant hurdles due to ongoing water disputes. And diverting Linganamakki Reservoir water would impact the sensitive Western Ghats ecosystem. Instead of pursuing such unfeasible options, the government should focus on localized solutions.

Revitalise local water sources: Identify and restore Bengaluru's lakes and water sources. Implement comprehensive rainwater collection and storage systems. Enforce mandatory rainwater harvesting.

Wastewater treatment and recycling: Adopt wastewater treatment and recycling practices similar to those in Singapore. By treating and reusing wastewater, Bengaluru could potentially meet its 31 TMC water requirement within the city itself.

Project Overview

Stage 1

Building a pump house at the tailwater of the Linganamakki Reservoir, located near Mavalli village (RL 522 mt). Water will be lifted to RL 631 mt using a 24 km rising main and then directed to the Tunga River near Tirthahalli through a 5-km tunnel, passing via the Shankada Hole (RL 520 mt).

Stage 2

Water will be lifted from the Tunga River near Mandagadde using the facilities under development at Muttinakoppa, near Narasimharajapura and as part of the Bhadra Upper Dam Project. This water will be directed to the Bhadra Reservoir. From there, it will be lifted again using the Bhadra Upper Dam Project's infrastructure and transported through the Ajjampur Tunnel to the Y-Junction. At this junction, the water will be routed to the Tumkur Branch Canal. Subsequently, the Tumkur Branch Canal will convey the water to Vani Vilas Sagar via the Vedavathi River through a 32-km channel.

Stage 3

Water will be lifted to a height of 48 mt using approximately 40 km of rising main from the Tumkur Branch Canal to Arsikere Taluk. It will then be supplied to the Yettinhole Gravity Canal, which spans about 91 km.

Stage 4

Water will be supplied via gravity from the Yettinhole Gravity Canal, which operates at RL 837 mt, to the designated reservoir near Chikkanayakanahalli, which is at FRL 300 mt. From there, water is to be supplied to Bengaluru.

Time for agencies to create spaces to park

CONTINUED FROM PAGE 1

and out of parking spots, and the result is a gridlock that seems impossible to untangle.

At intersections, the situation becomes even more dire. Here, illegally parked vehicles not only block the view for drivers but also force them to make sharp turns or wait for oncoming traffic to clear.

Traffic and transportation expert and advisor, Prof. MN Sreehari points out that roads are intended for moving vehicles, but they've now become parking lots due to garages being rented out for other purposes. He told BM that these problems stem from poor road infrastructure management. Sreehari suggested that building multi-level parking structures on every street could be a solution. "Even when parking spaces are available, there's a fee. Why would a common man pay to park when they can just park on the road for free? This has become a permanent problem in the city," he said.

Free roadside parking has significantly contributed to traffic congestion. Drivers searching for free parking spots often slow down or stop abruptly, further disrupting traffic. The lack of regulation and enforcement around roadside parking encourages this behavior, commuters say.

Deputy Commissioner of Police (traffic) Siri Gowri DR explained that traffic congestion is common in areas like Malleswaram, Rajajinagar, and other commercial zones. She noted that illegal parking is a major contributor to this issue. "When we spot illegal parking, we take a picture and issue a fine, which can be paid from anywhere. However, this approach often leads to people not taking the fines seriously," she said.

Lack of parking space

The root of the issue lies in the city's lack of adequate parking infrastructure and the absence of a culture that respects traffic rules. Sreehari suggests, "We don't wait to fall seriously ill or for someone else to recommend a hospital visit, but we see a doctor when symptoms appear. Similarly, traffic police management and the Corporation should take necessary action proactively, rather than waiting for complaints."

Urban planners and authorities need to collaborate on redesigning the city's roads to accommodate the growing number of vehicles without compromising on traffic flow. This includes creating dedicated parking zones, widening narrow streets, and implementing no-parking zones at critical junctions, he said.

'Remove hate glasses and see properly'

MUDA case: Siddaramaiah shares video showing covered portion of letter written by wife

Chief Minister Siddaramaiah on Monday shared a video on his social media handle in a bid to silence the BJP and the JD(S) for raising doubts over a whitener used by his wife Parvathi in her application seeking an alternative site against the 'illegal acquisition' of her land by the Mysuru Urban Development Authority (MUDA) in Mysuru.

The chief minister said his wife had only asked for alternative land either in Devanur Third Stage or any other layout formed by MUDA afterwards.

The video shows a mobile torch light focused on the portion of the letter which was covered by whitener. It read: "either in Devanur Third Stage or any other equivalent layout formed later".

The letter written by Parvathi read, "The Authority has not provided me any compensation for my land. Hence, I request the authority to grant me a land of the dimension similar to my property measuring 3 acres 16 guntas 'either in Devanur Third Stage Layout or any other equivalent layout formed later' by the MUDA. If it is not possible, then I request (to the Authority) to return my land."

"BJP-JDS leaders are tearing their throats as if it is a great crime has been committed by putting whitener on four or five words in the application submitted by my wife (requesting MUDA) to give replacement land to our family land illegally acquired by MUDA," the chief minister wrote in a post on social media platform X.

Chief Minister Siddaramaiah inaugurates Rayanna's Fort at a grand function at Kaujalgi in Gokak on Monday

He asked the BJP and the JD(S) leaders to take off their "hate glasses" and see properly.

Due to the non-availability of plots there (in Devanur Layout), whitener was put on four or five words, Siddaramaiah explained.

He said there was neither an administrative note, nor order or even approval in the letter. It has only one request to get her land.

The chief minister asked the "legal luminaries" in the rival camp what they would say for spreading falsehoods that his wife had applied for land in Vijayanagar in Mysuru and later whitener was put on the portion when the MUDA issue came to fore.

The MUDA case pertains to the allotment of compensatory sites (plots) to Chief Minister Siddaramaiah's wife Parvathi against the 'illegal acquisition' of three acres and 16 Guntas of land in Kesarur in Mysuru city by the development authority. **PTI**

CII to host its 20th Innovation Summit in Bengaluru

The Confederation of Indian Industry on Monday announced the 20th edition of its flagship India Innovation Summit-'Innoverge 2024' and its theme "India@100: Building for a Resilient, Sustainable, and Inclusive India" here.

The summit will delve into creating an innovation ecosystem essential for a developed India by 2047, they said. According to officials, Confederation of Indian Industry (CII) Innoverge 2024 is scheduled on September 4 and 6 at Hotel Shangri-La in Bengaluru.

With the government of Karnataka being the partner state for 2024, the summit will be addressed by key stakeholders from Department of Electronics, Information Technology, Biotechnology and Science and Technology and Large and Medium Scale Industries and Infrastructure Development, Government of Karnataka.

"CII Innoverge 2024 builds upon its earlier editions and includes an innovation showcase through the Innoverge 2024 exhibition.

This will provide participants with the opportunity to experience the demos of leading innovations across various sectors," the CII said in a statement.

Kris Gopalakrishnan, Mentor CII India Innoverge 2024 said, "Innoverge 2024 is the ideal forum for exploring how we can transform business processes, embrace new technologies, and create value through innovation.

As we engage key stakeholders and spotlight emerging regions, we pave the way for a future defined by economic prosperity, social equity, and environmental sustainability." **PTI**

Your Connect

real estate

LAND FOR SALE

LAND for Sale: 2.5 Acres Commercially Converted Land for Sale in Mysore near Lingadevarakoppalu. Contact : 7676918332

personal

CHANGE OF NAME

WE, Mustafa Aliasger Quilonwala and Zahabiya Mustafa Quilonwala, residing at Flat No. 201, MBM Royale Apartment, J.P Nagar Phase 5, Bengaluru-78, have changed our minor Son's name from BURHANUDDIN to BURHANUDDIN MUSTAFA QUILONWALA, vide affidavit dated 26.08.2024, sworn before notary K.S Chandrashekar, Bangalore.

I, Bharathi W/o Srikante r/o k k road Gonibeedu BHADRAVATHI, shivamogga 577115 , Karnataka Have changed my name to Hema .m.j

I, Srikanth S/o Raghavendra Rao R/o 79/1,1st floor, 4th A Main Road, Govindarajnagar, Bangalore- 560040 solemnly declare that my correct name is Srikanth BR and my fathers correct name is Raghevendra Rao BR.

I, Srinidhi Raghavendra S/o Raghavendra N S R/o 11,4th main , 1st Cross Sarvabhouma Nagar, Chikkalasandra B'lore-560061 have changed my name to Srinidhi R Vasista for all purposes.

I, Ruksana Saheen Taj Yusuff Khan R/a at No 497/A, 3rd Cross, 1st Block, HM World City, Jp Nagar, 8th Phase, Bengaluru-560062 I have changed my name to, Ruksana Shaheen Taj Vide Affidavit dated on 26/08/2024 Sworn Before Notary N Mahesha Bangalore

I, AISWARYA DERANGULA residing at No.319, 7th B Main 4th Block, Koramangala Bengaluru - 560034, have changed my name to DERANGULA AISHWARYA vide affidavit dated 26/08/2024 sworn before notary Venkataraju H G, Bengaluru.

I, MAHALAKSHMI .V, D/o Vijaya Narayanan .G, my father's name is Vijaynarayan, R/at No.33/3, 4th Main, Srikanteshwara Nagar, Vivekananda Womens College, Mahalakshmi Layout, Nandini Layout, Bangalore-560096, my father has changed his name as VIJAYA NARAYANAN G, vide affidavit dt: 26-08-2024 before notary Natesh D, Bangalore.

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Shuttered post office causing shudders

CONTINUED FROM PAGE 1

The BBMP revenue inspector said the revision of rent was decided by the BBMP Standing Committee many years ago. "We have to demand the revised rent from the Post Office as decided by the BBMP Standing Committee," the BBMP revenue inspector said.

Meanwhile, some senior citizens, who used to draw their monthly pension given under Sandhya Suraksha Scheme, have expressed concern over the closure of the Post Office.

"My husband Dorai Raj gets Rs 1,200 per month as an old age pension. I had to take him to the Post Office as he could not walk on his own. We need to spend more than Rs 200 towards auto fare to go to the other Post Offices situated more than three km away," said Rani, who works as a domestic help.

Appealing to the BBMP authorities and Department of Posts to reopen the Post Office, Kulandai Swami, a senior citizen from Kallahalli, said that it would be difficult for him to go to another Post Office to draw his old age pension.

Demanding the authorities concerned take measures to reopen the Post Office, Kalidasa Reddy, a resident of Kallahalli, said the closure of the Post Office would cause inconvenience to many senior citizens. "They are not only senior citizens but also others who cannot afford to hire an auto rickshaw.

KAUSHIK JN

The authorities concerned must reopen the Post Office as priority," said Reddy.

BR Chandran, a social activist from Halasuru, said this closure will disrupt the lives of senior citizens. Chandran said that some of the residents from Halasuru, Murphy Town and Gupta Layout used to visit the Post Office on St. John's Road as there is no parking facility at the Post Office on Cambridge Road. "The BBMP authorities and the Department of Posts must not only reopen the Post Office but also take measures to renovate and repair it as early as possible. The building owned by the BBMP is quite old and it needs to be renovated without any delay," said Chandran.

HEALTH TIP: Gram flour is great for reducing the excess oil in your skin

Aloe vera is known to be a great natural moisturizer and has amazing anti-inflammatory properties

BangaloreMirror | 9
Tuesday, August 27, 2024
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WHAT IS MENTAL IMAGERY?

Brain researchers explain the pictures in your mind and why they're useful

Imagine you are in a soccer match, and it's tied. Each team will begin taking penalty kicks. The crowd is roaring, and whether or not your team wins the game depends on your ability to hit the shot. As you imagine this scene, are you able to picture the scenario with colours and details?

Scientists are hard at work trying to understand why some people can visualise these kinds of scenarios more easily than others can. Even the same person can be better or worse at picturing things in their mind at different times.

As neuroscientists in the fields of physical therapy and psychology, we think about the ways people use mental imagery. Here is what researchers do know so far.

The brain and mental imagery

Mental imagery is the ability to visualise things and scenarios in your mind, without actual physical input.

For example, when you think about your best friends, you may automatically picture their faces in your head without actually seeing them in front of you. When you daydream about an upcoming vacation, you may see yourself on the sunny beach.

People who dream about taking a penalty kick could visualise themselves like they are watching a video of it in their mind. They may even experience the smell of the turf or hear the sounds that fans would make.

Scientists believe your primary visual cortex, located in the back of your brain, is involved in internal visualisation. This is the same part of the brain that processes visual information from the eyes and that lets you see the world around you.

Another brain region, located in the very front of the brain, also contributes to mental imagery. This structure, called the prefrontal cortex, is in charge of executive functions – a group of high-level mental skills that allow you to concentrate, plan, organize and reason.

Scientists have found such skills to be, at least to some extent, related to one's mental imagery ability. If someone is good at holding and manipulating large amounts of information in mind, this person can play with things like numbers or images in their mind on the go.

Experiencing and remembering

Most of the same brain areas are active both while you're actually experiencing an event and also when you're visualising it from a memory in your head. For example, when you behold the beauty of the Grand Canyon, your brain creates a memory of the image. But that memory is not simply stored in a single place in the brain. It's created when thousands of brain cells across different parts of the brain fire together. Later, when a sound, smell or image triggers the memory, this network of brain cells fires together again, and you may picture the Grand Canyon in your head as clearly as if it were in front of you.

Benefits of mental imagery

The ability to mentally visualise can be helpful.

Notice the look of concentration on a gymnast's face before competition. The athlete is likely visualizing themselves executing a perfect rings routine in their mind. This visualisation activates the same brain regions as when they physically perform on the rings, building their confidence and priming their brain for better success.

Athletes can use visualisation to help them acquire skills more quickly and with less wear and tear on their bodies. Engineers and mechanics can use visualisation to help them fix or design things.

Mental visualization can also help people relearn how to move their bodies after a brain injury. However, with additional practice, those who do not use visualisation will eventually catch up.

Nature-nurture interactions

All is not lost if you have difficulty visualasing. It is possible that the ability to visualize in your mind is a combined effect of both how your individual brain works and your life experiences.

For example, taxi drivers in London need to navigate very complicated streets and, scientists found, experience changes to their brain structures over the course of their careers. In particular, they develop larger hippocampuses, a brain structure related to memory. Scientists believe that the training the taxi drivers went through – having to visualise a map of complex streets across London in daily driving – made them better at mental imagery via changes in their hippocampus.

And watching someone else do a physical action activates the same brain areas as creating your own internal mental imagery. If you want to be able to do something, watching a video of someone else doing it can be just as helpful as visualising yourself doing it in your head. So even if you struggle with mental visualisation, there are still ways to reap its benefits.

Lynne Gauthier and Jiabin Shen, UMass Lowell, The Conversation

MIRRORLIGHTS

Scientists reveals how love lights up different parts of human brain

Taking research on love to a whole new level, a team of scientists on Monday revealed that different types of love light up different parts of the brain.

Humans use the word 'love' in several range of contexts -- from sexual adoration to parental love or the love of nature. Now, more comprehensive imaging of the brain may shed light on why we use the same word for such a diverse collection of human experiences.

Researchers from Aalto University in Finland utilised functional magnetic resonance imaging (fMRI) to measure brain activity while subjects mulled brief stories related to six different types of love.

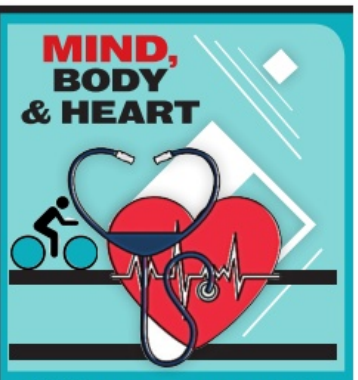
Parttyli Rinne, the philosopher and researcher who coordinated the study, said that the activation pattern of love is generated in social situations in the basal ganglia, the midline of the forehead, the precuneus and the temporoparietal junction at the sides of the back of the head.

"In parental love, there was activation deep in the brain's reward system in the striatum area while imagining love, and this was not seen for any other kind of love,' Rinne noted. Love for romantic partners, friends, strangers, pets and nature were also part of the study, which was published in the Cerebral Cortex journal, Oxford University Press.

The research found that brain activity is influenced not only by the closeness of the object of love, but also by whether it is a human being, another species or nature.

"Unsurprisingly, compassionate love for strangers was less rewarding and caused less brain activation than love in close relationships. Meanwhile, love of nature activated the reward system and visual areas of the brain, but not the social brain areas," it noted. A key surprise for the researchers was that the brain areas associated with love between people ended up being very similar, with differences lying primarily in the intensity of activation.

All types of interpersonal love activated areas of the brain associated with social cognition, in contrast to love for pets or nature — with one exception, the study noted. — IANS



All you need to know about...

Exercise for kids

Improves blood flow to brain
Performing light-intensity exercises for a short duration was found to have improved the blood flow to children's cerebrum, known to help with cognition, according to a recent study.

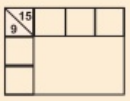
Study
The study by Japan's Waseda University enrolled 41 healthy children from fifth-grade elementary to third-year junior high school students to find out how short-term, light-intensity exercises affected the blood flow to prefrontal cortex, located in the cerebrum and known to handle cognitive functions.

Easy exercises
Researchers focused on exercises that can easily be performed on the spot without special equipment, such as stretching. Most of the exercises were performed while seated, with movements lasting 10 to 20 seconds.
The team used an imaging technique -- functional near-infrared spectroscopy -- to measure changes in blood flow to the brain by looking at concentrations of oxyhaemoglobin (that carries oxygen from the lungs to the tissues) while at rest and during the exercise.

Spike observed
According to the findings published in the Scientific Reports journal, the researchers found a significant increase in oxyhaemoglobin levels in multiple regions of the prefrontal cortex during all forms of exercise compared to the resting state.
"By combining the types of exercise that easily increase blood flow in the prefrontal cortex identified in this study, it is possible to develop an exercise program that everyone can easily engage in to improve children's executive functions. It may also be used in the future to prevent cognitive decline in adults and the elderly," said Takashi Naito, one of the authors and a doctoral student at Waseda University. —PTI

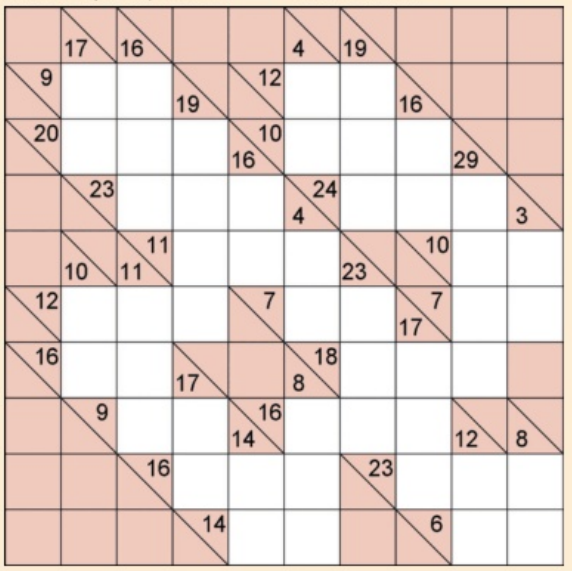
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas



for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



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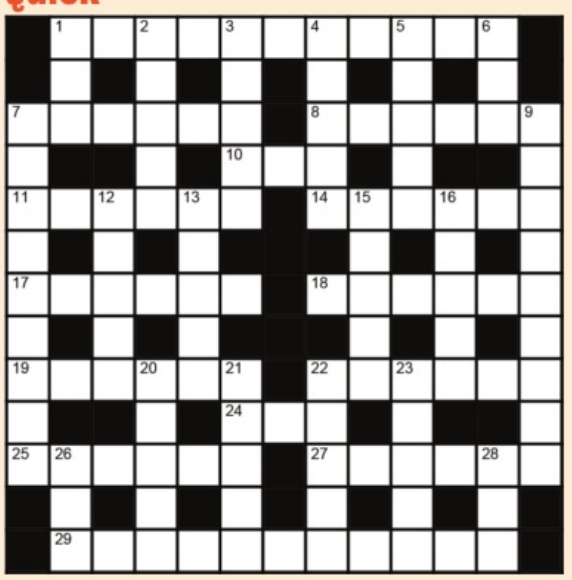


ACROSS

1 Green coloured insect (11)
7 Jumble (6)
8 Beats as a pulse (6)
10 Indochinese language (3)
11 Oslo is its capital (6)
14 Wielding vigorously (6)
17 Spheres of conflict (6)
18 Supplementary building (6)
19 ___ acid : it is used as a bleach (6)
22 Fix beforehand (6)
24 Addressee (3)
25 Wizard of Menlo Park (6)
27 Showed off (6)
29 Awaited or expected (11)

DOWN

1 Command to a horse (3)
2 Permit (5)
3 In a cunning or fox-like manner? (5)
4 In No. 1 position (2,3)
5 Political group (5)
6 Curved bone (3)
7 Port city in Karnataka (9)
9 Hinted or proposed (9)
12 Supporting actress ___ Lagoo (5)
13 Name in violins (5)
15 Type of eclipse (5)
16 Agenda details (5)
20 Hungarian Rhapsody composer (5)
21 Doubter (5)
22 Lodge; build or construct (3,2)
23 Blow up like volcano (5)
26 Diameter, in short? (3)
28 Finish (3)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: D EQUALS G

HKEFWD JNY XFDNJ GSYKJF-BWK JHEYK HK OSQN KEFAA HK DFLFWD JNY XFDNJ HWKZYXK.

Linemaro

If you were a vegetable, you would be a cutecumber

Mindchow

Educating the mind without educating the heart is no education at all

Joke of the day

Why don't you ever see hippopotamus hiding in trees? Because they're really good at it

Loop

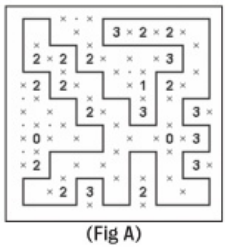
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

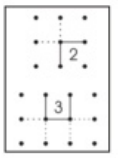
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

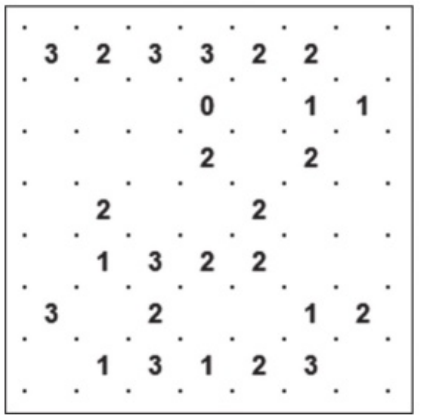
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



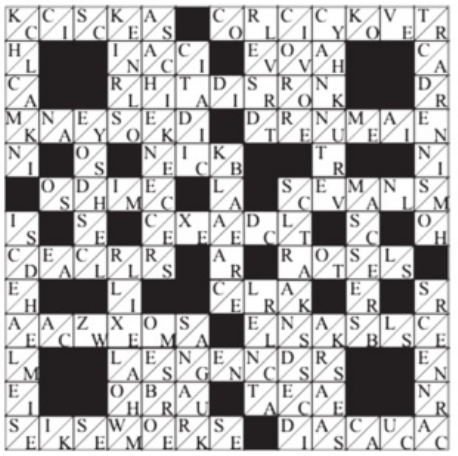
(Fig A)



(Fig B) Not Allowed



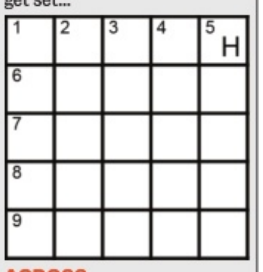
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Sush H; 6 Manat;
7 Aired; 8 Ek Sis;
9 Huh MP

DOWN

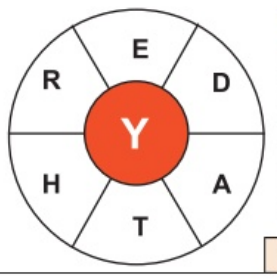
1 Shams; 2 Auk hi;
3 Mud in; 4 Stepe;
5 R hash

Mensapuzzle

Solve this rebus:

Laugh, laugh, laugh,
laugh, laugh, laugh, laugh,
laugh, laugh, laugh, laugh,
laugh, laugh, laugh, bank

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

12 Average; 14 Good; 16 Outstanding

SudokuChallenge

4		6			8	3		5
9				5			4	
		5						
	4				2			6
		9	8		3	2		
8			4				3	
						5		
	2			8				7
3		4	2			6		1

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

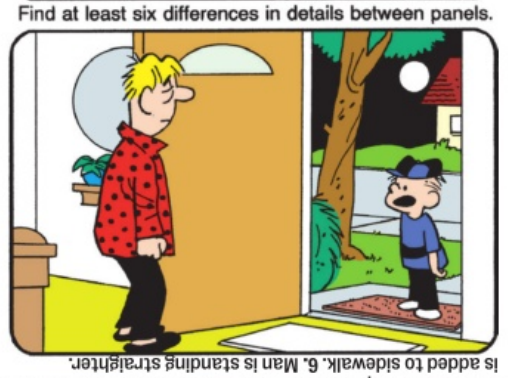
Easy = 11
1 3 7 8

Medium = 12
3 6 7 9

Hard = 9
3 6 9 3

Hocusfocus

Find at least six differences in details between panels.



Differences: 1. Stripe on shirt is lower. 2. Slippers are different. 3. Cap is turned around. 4. Moon is moved. 5. Line is added to sidewalk. 6. Man is standing straighter.

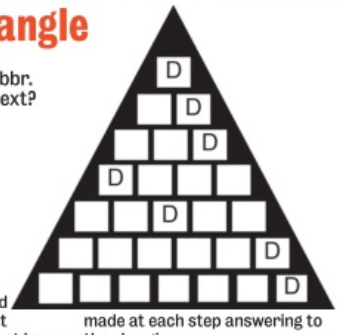
Riddler

For each of the following, use the clue words to help you find three words that are linked to each other through their last two letters and first two letters of the subsequent word. The 1st word's last two letters are the same as the first two letters of the 2nd word, and the 2nd word's last two letters are the same as the first two letters of the 3rd word. Example: exchange / exit / come back Answer: traDE / DEparturE / REturn

1. it goes "pop" / joint / it goes"who" 2. last / except / schedule 3. get away / fruit / angel 4. indistinct / capricious / bread

Alpha triangle

1 Fourth letter
2 Advertisement, abbr.
3 What happened next?
4 Faculty boss
5 Burdened down
6 Tilted
7 Made possible

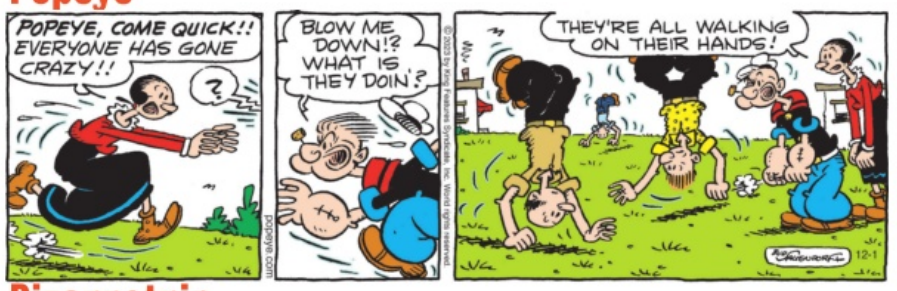


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye



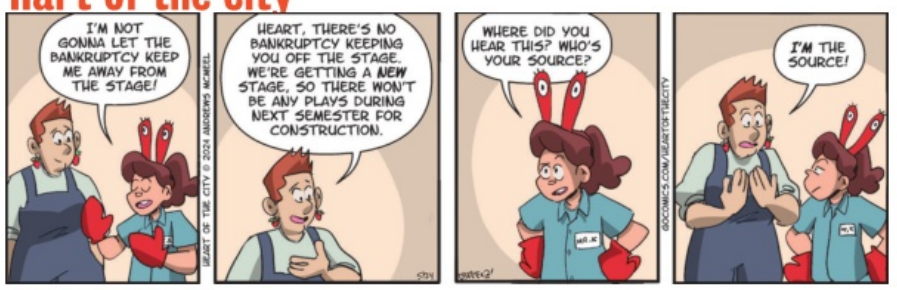
Bizarrotrip

Wayno & Piraro 5-23-24
Did you get this month's Element Aficionado? It comes with a free packet of helium!
INERT INSERT
BIZARRO.COM

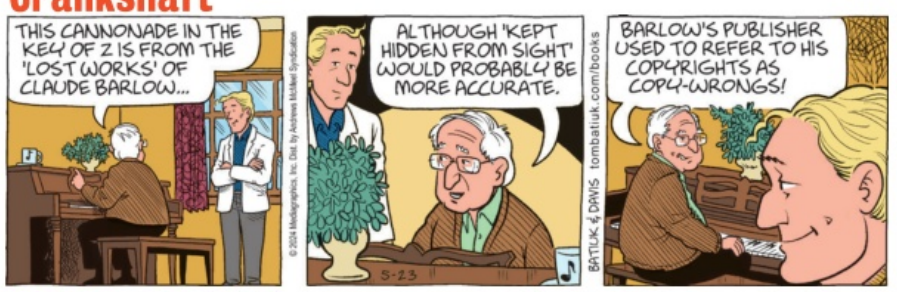
Diamond Lil

I HAVE A NICKNAME THAT'S BASED ON MY LIGHTNING-FAST REFLEXES AND BLINDING SPEED!
CARE TO KNOW WHAT IT IS?
ZIPPY
www.creators.com

Hart of the city


I'M NOT GONNA LET THE BANKRUPTCY KEEP ME AWAY FROM THE STAGE!
HEART, THERE'S NO BANKRUPTCY KEEPING YOU OFF THE STAGE. WE'RE GETTING A NEW STAGE, SO THERE WON'T BE ANY PLAYS DURING NEXT SEMESTER FOR CONSTRUCTION.
WHERE DID YOU HEAR THIS? WHO'S YOUR SOURCE?
I'M THE SOURCE!

Crankshaft


THIS CANNONADE IN THE KEY OF Z IS FROM THE 'LOST WORKS' OF CLAUDE BARLOW...
ALTHOUGH 'KEPT HIDDEN FROM SIGHT' WOULD PROBABLY BE MORE ACCURATE.
BARLOW'S PUBLISHER USED TO REFER TO HIS COPYRIGHTS AS COPY-WRONGS!
tombatiuk.com/books

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you may feel dull, and you may have some health issues. You are advised to postpone making investments in the business. It is also advised not to start new ventures. You are likely to face losses in the business. Your gains may likely convert into losses.

Taurus Apr 21 – May 20
Today you may feel good, domestic harmony may make you happy. You may meet some influential person to get some benefits on the work front. You may be likely to perform well in your job, you may expect some rewards in terms of promotions. Disputes in inherited property may likely settle down.

Gemini May 21 – Jun 21
Today you may be healthy, you may be able to focus on your goals. Your performance may improve at work, your boss may be happy with you. You may get some important responsibilities at work. You may hear some good news in any legal matter. You are likely to have control over your opponents and business rivals.

Cancer Jun 22 – July 23
Today you may prefer gaining knowledge, you may understand the value of intellectual asset. Sometimes you may control your short temperedness, which may help you perform your tasks smoothly. There may be some chances for smooth earning, which may give you comfort in the workflow. You are advised to be careful before making new investments in assets.

Leo Jul 24 – Aug 23
Today you may be dissatisfied. You have some sort of detachment from your responsibilities, which may confuse you. You may plan hypothetically for your projects. You are advised to be practical in your work to complete it on time. You may also be taking care of your parents. If you're planning to migrate somewhere, it is advised to postpone it for some days.

Virgo Aug 24 – Sep 23
Today is a positive day for you, you may get success from your hard work on the professional and domestic front. You may have good focus and you may complete your work on time, which can improve your self confidence. You may also expect some work related short trips, which may be beneficial in the near future.

Libra Sep 24 – Oct 22
Today, you may be busy with domestic issues. You may spend money on buying some artefacts or household stuff. You are advised to control spending on worthless stuff, it may attract negative energy to the house. You are also advised to control your harsh speaking with the people around you.

Scorpio Oct 23 – Nov 22
Today, you may feel comfortable after a messy situation. Your vi- tality may help you to implement some difficult decisions in parental business, which may grow. You may help needy people around you, which may increase your social respect. Students might be clear in choosing their career options.

Sagittarius Nov 23 – Dec 22
Today you may face some health issues, which may make you impatient. You are advised to control your short tempered nature. You may spend your hard earned money buying worthless stuff, which may affect your savings. Love birds are advised to avoid discussions on worthless topics, otherwise there might be some break ups.

Capricorn Dec 23 – Jan 20
Today you may meet some influential person, who may help you in the progress of your work. Your network will be strong with the help of that person. You may prepare yourself to implement new ideas in your work or business. You will plan to invest more capital into your business, which may give you financial gains in the near future.

Aquarius Jan 21 – Feb 19
Today your mother's health may be good. You may enjoy your work, you may get rewards for your hard work. Your social respect may increase now. Overworking your mind may make you tired. Due to workload, you may not be able to reach some family events.

Pisces Feb 20 – Mar 20
Today you may be satisfied at work. You may plan for a short work related trip. You may also visit some religious places to maintain your inner peace. Your gurus may show you the right path, which may give you clarity regarding your goals.

KIDZONE

Saanvi V Gowda, 8 years, Jyothi Kendriya Vidyalaya

Emiliya Dangmei, 3 years, Bachpan School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
2·3·(2/3)÷2·5·(2/5)=4/4=1

QUOTE UNCODE
Asking the right questions takes as much skill as giving the right answers.

FAST FIVE

S	H	U	S	H
M	A	N	T	A
A	I	D	E	R
S	K	I	E	S
H	U	M	P	H

RIDDLER
1. weasel / elbow / owl,
2. final / albeit / itinerary,
3. escape / peach / cherub &
4. unclear / arbitrary / rye

STRIKE OUT

S	K	E	W	E	R	S	■	D	A	C	C	A
E	■	O	R	A	■	T	E	E	■	N	■	■
M	■	L	E	G	E	N	D	S	■	N	■	■
E	C	Z	E	M	A	■	E	N	A	B	L	E
H	■	I	■	E	R	A	■	R	■	S	■	■
C	E	L	S	■	R	O	R	O	E	S	■	■
S	■	E	■	E	X	A	C	T	■	H	■	■
O	D	I	C	■	L	■	S	E	A	L	S	■
I	O	N	I	B	■	T	■	I	■	■	■	■
K	A	Y	O	E	D	■	T	R	U	M	A	N
A	■	L	I	A	I	S	O	N	■	R	■	■
K	I	C	K	■	E	V	A	■	■	A	■	■
H	■	I	C	■	E	V	A	■	■	A	■	■
S	K	E	W	E	R	S	■	D	A	C	C	A

QUICK

G	R	A	S	S	H	O	P	P	E	R	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
A	N	T	I	C	I	P	A	T	E	D	■	■	■	■
■	I	■	Z	■	I	■	U	■	P	■	N	■	■	■
E	D	I	S	O	N	■	T	O	U	T	E	D	■	■
■	E	■	■	■	■	■	■	■	■	■	■	■	■	■
R	■	■	I	■	Y	O	U	■	R	■	■	■	■	■
O	X	A	L	I	C	■	P	R	E	S	E	T	■	■
L	■	M	■	T	■	A	■	M	■	S	■	■	■	■
A	R	E	N	A	S	■	A	N	N	E	X	E	■	■
G	E	■	M	■	■	U	■	T	■	G	■	■	■	■
N	O	R	W	A	Y	■	P	L	Y	I	N	G	■	■
A	■	O	■	L	A	O	■	T	■	U	■	■	■	■
M	E	D	L	E	Y	■	T	H	R	O	B	S	■	■
E	■	L	■	N	■	A	■	I	■	■	■	■	■	■
G	R	A	S	S	H	O	P	P	E	R	■	■	■	■

MENSA PUZZLE
laughing all the way to the bank

BULL'S EYE
drav, dyer, eartby, hardy, heady, heartly, HYDRATE, rayed, ready, tardy, teary, they, tray, tyre, yard, year

3	9	4	2	7	6	8	8	1
5	2	1	3	8	6	4	9	7
6	8	7	1	4	9	5	2	3
8	5	2	4	6	7	1	3	9
7	6	9	8	1	3	2	5	4
1	4	3	5	9	2	8	7	6
2	1	5	7	3	4	9	6	8
9	3	8	6	5	1	7	4	2
4	7	6	9	2	8	3	1	5

SUDOKU

GO FIGURE
Easy
8 – 3 + 7 – 1 = 11
Medium
6 + 7 – 9 x 3 = 12
Hard
6 – 3 / 3 x 9 = 9

ALPHA TRIANGLE
D, AD, And, Dean, Laden, Leaned, Enabled.

LOOP

KAKURO

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 # Police complaint against director Ranjith
Actor Sreelekha Mitra on Monday filed a complaint with the Kochi City Police against film director Ranjith, a day after he resigned as the chairman of the Kerala State Chalachithra Academy

BangaloreMirror | 12
Tuesday, August 27, 2024
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Back in the gym

Actor Akshay Oberoi is preparing for his new action film and said that he is now "back in the gym" to prepare for his role.

The upcoming film requires Akshay to undergo rigorous weight training to gain muscle mass and transform his physique to fit the character's demanding nature.

Akshay said: "The journey with 'Fighter' was incredible, and I am grateful for the overwhelming response to my role as Basheer Khan. It was a physically demanding role, and the discipline I maintained during that time has stayed with me." It's all about challenging himself, said the actor.

"As I prepare for my next action film, I am back in the gym, focusing on an intensive and rigorous training schedule. This new role requires a different kind of physicality, and I am excited to push myself further and explore new dimensions of action on screen."

"It's all about challenging myself and bringing something fresh and unique to the audience."

It was recently announced that the actor joined the Yash-starrer 'Toxic: A Fairy Tale for Grown Ups' cast. The actor had taken to social media, where he shared a welcome gift from the team on his Instagram stories.

A source close to the production revealed: "Akshay Oberoi's addition to the cast of Toxic brings an exciting dynamic to the film. He is an actor who always delivers a powerful performance, and pairing him with Yash is something that fans are eagerly waiting to see". Akshay is currently busy with 'Sunny Sanskari Ki Tulsi Kumari'.

—IANS

UNDER THE WEATHER

Wondering where Shraddha is during her latest film's success celebrations? Read on...

Shraddha Kapoor, whose latest release Stree 2 is currently dominating the box office, has been missing in action because of health issues. The film has already made history by becoming the 7th biggest Hindi film of all time, raking in an impressive Rs 386 crore in India. However, despite the film's tremendous success, the actress has been noticeably absent from the public eye, following a brief appearance at the success party held shortly after the film's release. While the rest of the Stree 2 team, including director Amar Kaushik and actors Rajkummar Rao, Abhishek Banerjee, and Aparshakti Khurrana, have been engaging with the media and celebrating the film's achievements, Shraddha has been missing from these. As per an exclusive update with ETimes, the reason for her absence is viral fever.

A source close to the actress revealed that Shraddha's hectic schedule of back-to-back promotions for Stree 2 across various cities took a toll on her health. The demanding workload led to her falling ill, soon after the success party. She has since been resting and recovering at home, under the care and supervision of her family.

Although her absence has been noted, Shraddha is expected to make a full recovery soon, and will likely return to promote the film once she feels better. Fans of the actress are eagerly awaiting her return to the spotlight, as Stree 2 continues to break records and dominate the box office. Stree 2's writer Niren Bhatt in an interview revealed they are exploring a story of Shraddha as Stree's daughter, hence they didn't reveal her name.

—Jigar Shah/ ETimes

All you need to know about growing pumpkins

Actor Jennifer Garner, who is best known for her roles in films including 13 Going on 30, has shared some "nerdy farm facts" with her followers.

Taking to her Instagram account on Sunday, the actor posted a video of herself in her pumpkin patch, offering tips and insights on how to grow pumpkins. In the video, Garner is seen wearing dungarees over a T-shirt, holding a yellow flower as she explains a fascinating fact about it. "This flower is both male and female," she said.

"There's a pistil inside, and it needs the pollen. Do you know who takes care of that? Bees! Thank you for the bees!"

"Once the pollen falls onto the pistil in the middle, the miracle continues. It can start to grow," she said, likening the process to receiving an email saying, 'Congratulations, Mama Pumpkin. Your baby is the size of a large grape.'"

— ANI

SANDALWOOD SHOTS

Y MAHESWARA REDDY

In real and reel life

Pratheek and Moulya, who are a couple in real life and famous on social media, are acting as a couple in the film Dhruva Thaare. Dr Rajkumar and Geetha were the lead pair in a 1985 movie with a similar title. The latest movie is bankrolled by Ganesh Kumar under the GP Films banner. Pratheek is also directing the film that is ready for release. Karnataka Film Chamber of Commerce president NM Suresh was the chief guest at the movie's audio launch.

"I appreciate the team of Dhruva Thaare for making this movie with a good story. Its songs and music are good. I want to encourage newcomers," said Suresh.

Pratheek said he worked on the script for three years. "I am from Mysuru. I had a dream of becoming a director during my college days. I used to make short films. Now, I have realised my dream. I have realised that directing or bankrolling a movie is not a big deal but releasing it in theaters is not as easy," he said. He said he believed that movie buffs would encourage movies with good stories.

Moulya said she did not expect to act in movies and marry an actor. "I play Apoorva in the movie which conveys a message on the adverse impact of body shaming," Moulya said.

Of a talking doll

Director Rajesh Murthy, who handled the megaphone for Red and Shadyanthara, has completed the shooting of his latest movie Dinku. The movie that revolves around a talking doll, is scheduled for release next month. Dinku is Rajesh Murthy's 10th movie as director.

Yashaswa, Murthy's son, plays the lead in the film for which he has also written the screenplay and dialogues. Prior to this, Yashaswa acted in Agniloka. It is said the story is about a girl and her talking doll. Sannidhi is paired opposite Yashaswa. According to Murthy, the movie belongs to the suspense and comedy genre. "The movie revolves around a girl known for organising puppet shows with a doll known as Dinku. The movie is fictional. The movie was shot in and around Bengaluru for 25 days. As of now, we are busy with the post-production works. We are planning to release the movie next month. It is an experimental movie with commercial elements. The movie has some interesting elements that have the potential to keep the audiences on the edge of their seats," said Murthy.

Dinku is bankrolled by Nela Mahesh and Navy Manju.